

Yo School Magazine

Enable our children for better days

100 Days in office for Minister Siviwe Gwarube

Together, we can break the chains of despair & build a future where dreams are within reach for everyone

Money and Sex for Love, not for me!

Molo Mhlaba

Huge congratulations to our amazing student, Zamamaya

COMPUTER4KIDS

Passion, dedication, integrity, energy & interest in what you want to achieve

- ✓ Captivating Assembly – Mondays will never be the same!
- ✓ In God's Time
- ✓ Youth Entrepreneurs at the Forefront of Change





Editor's Note:

OCTOBER saw **the** Matric Class of 2024 start their examinations on Monday 21 October.

President Ramaphosa said: “Just over 880,000 candidates will sit this year’s matric exams. On behalf of the government, I wish all our learners well at this challenging and exciting time. These exams are the culmination of many years of hard work, perseverance and resilience, often in the face of difficult odds.

The Class of 2024 entered Grade 8 at the height of the COVID-19 pandemic and have had to receive considerable learning support to overcome the resultant gaps in their learning. As a nation, we are proud of the learners who will be rewriting the matric exam this year, having taken advantage of the Department of Basic Education’s Second Chance Programme. Your determination to improve your academic prospects does you credit. It is a life lesson on the importance of not giving up.

As your parents, teachers, siblings, friends and neighbours, we are proud of all learners who have reached and are ready for this milestone. You started out as the Grade 1 Class of 2012 and have succeeded to this point with the help of so many people around you who are supporting and applauding the work you have put in up to this point. You are ready now to play back the knowledge you have acquired during these important years of your life. Be confident in what you know, believe in yourself and know that you are meant to succeed.

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Enjoy the read, I am Mzukona Mantshontsho, Call or WhatsApp: +27 73 777 4434, email: mzukona@nyakaza.org.za

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Together, we can break the chains of despair & build a future where dreams are within reach for everyone



By Mzukona Mantshontsho

MINISTER OF BASIC EDUCATION SIVIWE GWARUBE has the role is to ensure that the 13.5 million learners in our schools have access to quality education in a learning environment that is safe and conducive for learning and development.

This Transport Month in South Africa, Minister Gwarube says: “Your journey may be filled with obstacles, but each step you take is a testament to your strength and resilience. Believe in your worth and the power you hold to create change—not just for yourselves, but for those who will follow. Together, you can break the chains of despair and build a future where dreams are within reach for everyone.

“Your courage inspires hope; keep pushing forward! Every effort you make to uplift yourselves is a step toward transforming your communities and our world. Embrace your dreams fiercely —keep shining your light!

“Remember that your resilience and determination are powerful catalysts for change. Embrace your potential, seek education and skills, and support one another in your journeys.

What can we expect from the DBE on scholar transport and school safety for Transport Month?

We are working with the Deputy Minister of Transport to strengthen the monitoring of scholar transport vehicles to ensure that they are roadworthy. We are heartbroken by the loss of young lives as they make their way to and from our school. We are acting to urgently improve the safety of scholars on the road.

Tell us about your early life to your role today

I have an honours degree in Political Science and Government from the University of the Western Cape, before that I graduated with a Bachelor of Arts Degree in Law, Politics and Philosophy from Rhodes University. These qualifications have put me in good stead to be able to have an in-depth understanding of governance and policy-making. Those are the skills I will rely on to create lead the National Department of Education, which is a policy setting department.

What does your role mean to you?

Being Minister of Basic Education is an incredible opportunity to contribute to my country and to ensure that we use education to change the trajectory of families and communities.

What are the most critical resources for your successful leadership?

- o **Strong Policy Frameworks:** Clear and effective educational policies that promote inclusivity, quality, and access are essential for guiding reforms and initiatives.
- o **Skilled Personnel:** A dedicated team of educators, administrators, and support staff who are passionate about education can drive change and foster innovation.
- o **Community Engagement:** Building partnerships with parents, local communities, and businesses. I will soon be hosting a business breakfast to garner support and investment in education, from the private sector.
- o **Funding and Budgeting:** Adequate financial resources are crucial for implementing programs, improving infrastructure, and providing essential materials and training.
- o **Data and Research:** Access to comprehensive data on educational outcomes, challenges, and best practices helps inform decisions and measure progress.

What can we expect from you going forward since you started?

I have identified five key priorities for the 7th Administration that will inform the Department's decision-making in this portfolio.

- o Improve access to and quality of early childhood development, recognising that the formative years are critical to laying a strong foundation for our children's education journey.
- o Improving literacy and numeracy skills across all phases of schooling.
- o Improve access to and the quality of inclusive education for learners in our most vulnerable communities and learners with special education needs. It is our duty to ensure that our education system is accommodating and supportive of all learners.
- o Improve access to and the quality of training and professional development opportunities available to our school management teams and teachers. Teachers are the backbone of our schooling system. Given the many and varied challenges that our teachers and principals are required to respond to in their daily work, we need to ensure that they are supported to achieve the quality learning outcomes we so desperately need.
- o Improve the safety and quality of schooling environments for our learners and teachers. This includes reducing overcrowding in classrooms, improving access to electricity, water, and adequate sanitation facilities, and removing inappropriate structures, such as pit latrine toilets

What are your words of advice for young people to take that first step & start community projects or small businesses?

Starting a community project or small business may feel daunting but remember that every successful venture begins with a single step. Identify your strengths and the issues you're passionate about and take action—no matter how small. Connect with others who share your vision, and don't be afraid to ask for help. Your courage to start can create a ripple effect of positive change in your community.

How does your work DIRECTLY contribute to the community?

The work that I do is aimed at ensuring that every child in this country has access to quality basic education. South Africa's education system plays a pivotal role in shaping and contributing to a skilled future workforce, and ultimately economic growth. So, it is important to ensure that we get it right and endure better outcomes for our learners and the economy.

When you not at work, what do you get up to, and where can people follow you online?

I enjoy reading, strolls on the promenade with friends and family in Cape Town, spending quality time with my family and listening to music. I am quite active on social media, and you can find me via the following:

- o X: @Siviwe_G
- o Facebook: Siviwe Gwarube
- o Instagram: Siv_Gwarube
- o TikTok: siv.gwarube



SAVE BY USING LESS WATER

 In a water-scarce country like South Africa, every drop counts. Let's band together and reduce our water usage so that there is enough water for everyone.

BE LEAK FREE

- Fix leaks in your home/business
- Report leaks in your area to the municipality.

REPORT LEAKS:

- Call Centre on 0860 543 000
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- callcentre@ekurhuleni.gov.za
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Passion, dedication, integrity, energy & interest in what you want to achieve



By Mzukona Mantshontsho

COMPUTERS 4 KIDS provides exciting localised digital content to South African schools as well as teacher training and support.

It's important to develop an understanding of the skills required in artistic expression projects, causes to empower our communities and business and to change the mind-sets of residents, particularly the unemployed youth. It's important to encourage the youth through examples to aspire and pursue their own paths, to further developing their own skills to earn a living, be better citizens and FUTURE Leaders!

I recently spoke to Co-Founder at *Computers 4 Kids* Russell Pengelly about his personal, professional and entrepreneurial journey 30 years down the line.

Tell us about your early life to your role today

I am from Cape Town but went to school in the Eastern Cape (Dale College) and then on to Port Elizabeth Teacher's College and UPE where I qualified as a Special Needs teacher.

What does your role mean to you?

My management style is one of inclusivity, sharing of responsibilities and surrounding myself with people who have the knowledge and experience which adds to the power and strength of our 30-year-old company.

What are the most critical resources for your successful leadership?

Enthusiasm, interest and dedication from team members makes my job easier and creates a successful business.

What can we expect from you going forward since you started?

My wife (Elizabeth) and I started Computers 4 Kids exactly 30 years ago offering after school classes at our small offices in Tokai, Cape Town. Since then, we started moving into the schools directly, creating content for neighbouring countries and to date have trained in excess of 6 million students and 50, 000 teachers! Going forward we are integrating AI into our lessons and see a huge opportunity to make an impact with our coding and robotics content.

What are your words of advice for young people, particularly women to take that first step and start community projects or small businesses?

Passion, dedication, integrity, energy (it is hard work!) and interest in what you want to achieve.

Thoughts on Covid-19 in terms of small businesses, what measures should business owners take to protect their businesses if another pandemic were to hit?

Covid taught us many things and one of them was not being prepared! From an IT perspective we have learnt that you can work online and remotely and this is the core of our Licensee Training Centre model where you can sit in any room, locally or across our borders and offer digital skill training to anybody.

What is the legacy that you would want to leave when you retire?

Hopefully this 'retirement' will be coming soon as it is time to hand over the business to the younger generation who are tech savvy and can see the amazing opportunities that lie ahead. I can already see what impact we have done with many communities and individuals in our country so I know that that legacy will outlive me and Computers 4 Kids and I am so proud, humbled and honoured to have been able to make these social impacts in our amazing country that I love.

How does your work DIRECTLY contribute to the community?

Job creation, social upliftment and creating digital citizens within local communities.

What have been your highs and lows of your career?

Highs = the number of individuals we have had an impact on, working from home while we were with our young children, winning SMME of the Year and traveling the world promoting **Computers 4 Kids**. The **Lows** would be the lack of funding to make a bigger impact.

When you not at work, what do you get up to, and where can people follow the program online?

We love camping and have done many road trips across our country and neighbouring countries in the last 2 years. **Find us: @c4kofficial**

IT'S
COMPETITION TIME!

Win a years access to the Computers 4 Kids e-Learner software for your school, to the value of R24,000!

Rules:

- 3 winning schools
- Competition closes 30th November 2024
- Winners announced 2nd December 2024
- School must have their own computers and access to the Internet

Enter here:
<https://computers4kids.co.za/competition/>

Celebrating the lives of our heroes and heroines who laid down their lives for our freedom



By Mzukona Mantshontsho

Heritage implies a particular meaning of relating to the past and, in its popular usage in the English language means something different to history.

People do not write, read or relate to heritage. Heritage is, rather curated and conserved, possessed and performed. Heritage is art factual more than textual; it is realized in material objects such as works of art or craft, tools and buildings, sites, special places and even whole landscapes, or else it is performed in speech or dress, in ritual, ceremony, dance or song.

Heritage involves preserving fragments, judges in terms of their ability to link past to present, their entertainment and leisure value; the industry is ‘haunted’ by prospects of loss, and endlessly tied up with debates about ‘authenticity’. The construction of heritage is intimately linked to identity politics and has a particular close relationship with nation-and-state-building projects.

Despite the implication of ‘direct’ and unmediated relationships to a static or frozen past, places of heritage obviously have histories; why, how and to what ends aspects of the past are particularly concerned with heritage building, and how the meanings and content of heritage change over time are rewarding topics of investigation, which have provided revealing insights into relation of power, processes of inclusion and exclusion, cultural and moral values in particular times and places.

Heritage Day on 24 September every year recognizes and celebrates the cultural wealth of our nation. Dance unites all people regardless of their culture, background, gender, or age. It is an artistic expression and skill that gives us a sense of identity.

In South Africa, dance tells a powerful story of the history and artistic expression of all our people. As South Africans, our creative expression has contributed to ability to build a democratic country that is based on values of democracy, equality and human rights. Together, we have struggled against injustice and inequality towards the common goal of a better life for all. Together, we can continue to make progress that will improve all our lives.

We should celebrate who we are and what we have as a nation. The focus should be on our national symbols, notably the National Flag and National Anthem. The objective is to instill national pride – growth of the nation. Children should be taught the meaning of the colours of the National Flag, the symbolism of the National Court of Arms and the meaning of the National Anthem composed by Enoch Sontonga, among other things.

Have we turned our backs on our roots?



. By Tracey Ndlovu

It is common knowledge that the elderly strongly feel that young people don't respect and want to know about their origins and cultures. Some even go further to say that 'our gods and ancestors' do not approve.

In my opinion, young people are lazy, unfocussed and have no ambition and set goals. As young people we are happy with attending parties and going to clubs. We have lost respect even at our own homes. Culture and tradition seem to mean nothing as we want to explore the city life more.

If you ask me, I do not know anything about my culture and traditions. Ever since I moved to Johannesburg, I have never looked back or cared about where my roots are and where do I come from? This is a shame if you ask me, I am not proud.

We spend most of the time on social networks and these social networks have taken over our lives and that is where we learning our culture from. The only culture and traditions we know are those from social networks.

This is very worrisome and I want to plead with the learners in our school that we all need to find our roots – the first place to find answers is at home, let's ask our parents where we come from TODAY!

WATER WISE CARES
USING WATER WISELY

When washing your hands please do not let the water run. Turn the tap off when soaping your hands for 20 seconds.

Avoid filling your bath to a depth greater than 20 cm. After your bath, reuse the water (which is called grey water) in your toilet cistern, garden or to wash your car.

Water the garden before 6 am or after 6 pm and only for a short period. Place mulch (grass cuttings, bark chips, stones, etc.) over the soil to reduce water use by up to 70%.

Turn off the tap while brushing teeth or shaving.

Take short showers (2-3 minutes).

Place a bucket in the shower to collect the used water which you can reuse in your toilet cistern, garden or to wash your car.

Check for leaks and fix them immediately.

Always wash fruit and vegetables under clean water. The used water can be placed on pot plants or the garden.

Toilets are one of the biggest water users. To reduce the amount of water used per flush, place a closed bottle (filled with water) in the toilet cistern, away from moving parts.

For more information on being Water Wise please contact 0860 10 10 60 or log onto www.randwater.co.za and click on the Water Wise logo

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Money and Sex for Love, not for me!



By Tracey Ndlovu

They say money is the root of all evil, well, from where I'm sitting, it's true. Money rules over our hearts and we end up obsessed with money and power.

The obsession with money at its worst leads to many of the bad choices we make as young people at times. As girls, we try and impress boys at our school, I have fallen for that trend myself at times.

Some impress boys by sleeping with them. There is this belief that sex will solve all relationship problems – this couldn't be further from the truth – only peer pressure is at play here and nothing else.

As young people at school we have both good and bad influences in the friends we choose. Our parents want the best for us, but sometimes when poverty hits our families and our parents cannot afford some of the things we think we need as young people, trouble sets-in!!

Poverty at times makes people do things they wouldn't ordinarily do, circumstances dictate. As young people, let us restrain ourselves from bad behaviour, all in the name of love and money. Money is the root of all evil, I believe!!



LEVEL 1 WATER RESTRICTIONS
1 September 2024 — 31 March 2025
#WaterConservation #JoziSaveWater

BETWEEN 06:00 TO 18:00,
ALL CONSUMERS ARE PROHIBITED FROM:

-  Filling up swimming pools
-  Using a hose-pipe to clean paved driveways
-  Washing cars
-  Irrigating gardens



Captivating Assembly – Mondays will never be the same!



By Thobile Kotsedi

Mondays are not so blue if you know how to kick start your week. One of the best ways is having a wonderful worship service in the morning. Nothing brings glory to our Mondays like worship at Cosmo City Secondary 1.

Every Monday there is a worship service and hundreds of learners sing their hearts in glory. They pray as hard, listen attentively to the designated pastor.

Grade 9 learner Siyanda Zozo was asked why she loved assembly so much, she said: “Well, it’s a golden opportunity that is given to us because we receive life changing messages – these messages inspire us to do better – we are given a chance to catch up on what we missed out on at church”.

The assembly is not only about the worship service, but we also get important announcements and updates for the learners. It is also the perfect moment to award learners that are doing great things and achieving for themselves – a moment of acknowledgement.

Motivational speakers are invited on a regular basis to come and encourage learners to do better. Learners are reminded that when everyone turns their back on them, God will step in and help, as long as they keep their faith strong. Learners agree that it is definitely a great way to start a Monday morning!

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#KnowBetterDoBetter

Water Wise
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In God's Time



One day you'll
look back and see
how God worked
everything together
for your good.

By Sanda Xaba

In God's time, all things align

His plan unfolds, like a work of art in design

We may not see, the bigger picture frame

But trust in Him, and His perfect timing's name

In God's time, the seasons come and go

Summer sunshine, winter's snow

Each one a reminder, of His sovereign hand

Shaping our lives, in this master plan

In God's time, the darkness fades away

And morning light, brings a brand-new day

Hope eternal, in His promise we stand

And trust that He, will hold our hand

In God's time, our hearts beat with His rhyme

In perfect sync, our lives entwine

With every breath, we'll trust and obey

And find our peace, in His perfect way

In God's time, our stories unfold

A tapestry rich, with moments to behold

And though we may, not understand the way

We'll trust in God, come what may!

Huge congratulations to our amazing student, Zamamaya



By Molo Mhlaba

Huge congratulations to our amazing student, Zamamaya, who recently participated in the Aristeia Primary School Chess Tournament!

Despite feeling a bit intimidated in the first round, she showed incredible determination and resilience. With the support of her father reminding her that "*Chess is not a gender sport*," Zamamaya remembered her coach's teachings and came out victorious, beating the boys!

Her confidence grew round after round, and on the 7th of August, she proudly returned with 2 wins, securing 1st place in the Under-7 daughter category and 3rd place in the Under-7 Mixed Teams!

Zamamaya, we are so proud of you for your hard work, courage, and brilliant performance. You are a true inspiration to all our students!

Keep shining!

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City of Ekurhuleni

Protect the Girl Child - Parents Urged



Mothers and teachers are urged to look after girl children and give them the necessary support in order to avoid social ills like teenage pregnancy, substance abuse and human trafficking.

The dialogue, which was part of Women’s Month celebrations, was attended by the Gauteng Department of Social Development, together with the provincial Health Department, Ekurhuleni Municipality and Non-Profit Organisations (NPOs).

“This month we are celebrating the freedom that women in 1956 fought for, and as we empower women, there are young girls who need to learn the values of being a woman.

“We need to also teach our girl children to refrain from ‘blessers’. Your blessers should be your parents,” was the conclusion at the dialogue.

The Gauteng Department of Social Development funds more than 2 500 NPOs, such as Sechaba Community Care and Ithemba Rape and Trauma Centre, to deal with issues that affect women and offer them counselling.

At approximately 237 litres per day, South Africans consume more water per person, than the world average of 173 litres of water per person, per day.

LET US ALL REDUCE OUR WATER CONSUMPTION

 WATER RE-USE Use water from baths, washing machines and other safe sources to flush the toilets.	 MONITOR YOUR METER Leaks around the home can waste hundreds of litres per day. If your meter is running while all taps are closed, then there's a leak.
 KEEP SHOWERS SHORT Spend a maximum 2 minutes per shower. Turn off the water while you soap/lather your body.	 BATH WITH LESS WATER Take a shallow bath or switch to having a quick 90 seconds shower by opening and closing the tap between wetting, soaping and rinsing.
 DON'T LEAVE TAPS RUNNING Turn off tap when, brushing teeth, washing hair, shaving, or washing dishes.	 FULL LOADS ONLY Only do the washing when you have enough items for a full load, for the washing machine.

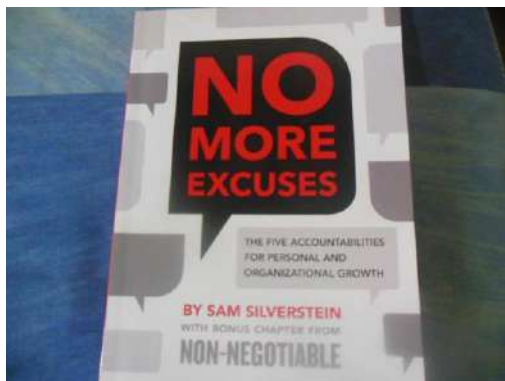
Please use water sparingly

WATER IS LIFE - SANITATION IS DIGNITY

 **water & sanitation**
Department:
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REPUBLIC OF SOUTH AFRICA



15 Reasons Why Reading Books Should Be Part of Your Life



Knowledge Highway: Books offer a vast reservoir of knowledge on virtually any topic imaginable. Dive deep into history, science, philosophy, or explore new hobbies and interests.

Enhanced Vocabulary: Regular reading exposes you to a wider range of vocabulary, improving your communication skills and comprehension.

Memory Boost: Studies suggest that reading can help sharpen your memory and cognitive function, keeping your mind active and engaged.

Stress Reduction: Curling up with a good book can be a form of mental escape, offering a temporary reprieve from daily anxieties and a chance to unwind.

Improved Focus and Concentration: In today's fast-paced world filled with distractions, reading strengthens your ability to focus and concentrate for extended periods.

Empathy and Perspective: Stepping into the shoes of fictional characters allows you to develop empathy and gain a deeper understanding of different perspectives.

Enhanced Creativity: Reading exposes you to new ideas and thought processes, potentially sparking your own creativity and problem-solving skills.

Stronger Writing Skills: Immersing yourself in well-written prose can improve your writing style, sentence structure, and overall communication clarity.

Improved Sleep Quality: Swap screen time for a book before bed. The calming nature of reading can help you relax and unwind, promoting better sleep quality.

A Portal to New Worlds: Books transport you to different times, places, and realities. Experience thrilling adventures, historical events, or fantastical journeys from the comfort of your armchair.

Lifelong Learning: Reading is a journey of continuous learning and self-discovery. There's always something new to learn, regardless of your age or interests.

Conversation Starter: Books provide a treasure trove of topics for conversation, fostering connections and enriching discussions with others.

Family Bonding: Reading together as a family creates lasting memories, strengthens relationships, and instills a love for reading in younger generations.

Budget-Friendly Entertainment: Compared to other forms of entertainment, books offer a cost-effective way to enjoy leisure time and broaden your horizons.

IT'S THE FOURTH TERM OF SCHOOL!



By Ntja Mapheelle

It boils down to these 12 points.

- 1. Provide them with a proper area for studying.** A proper desk and chair. Whilst you can read from any position including sleeping, proper study can only take place in an upright seating position. If a designated area is not possible, please recognise that during their studying children don't need to be distracted.
- 2. Eliminate or at least reduce house chores.** Studying is a fulltime occupation. The young person should be able to take a nap after returning from school (if they are too tired), wake up refreshed to study till bedtime. The weekend and school holidays are the times when chores can be included in the house schedule to teach them responsibility.
- 3. Set a strict bedtime.** Kids need proper sleep for their development and to ensure their bodies and minds are ready for a long day's activity. Enforcing this rule is everything.
- 4. If you can, please provide a computer at home.** Modern education requires learners to master computer skills in order to excel in their studies. Better still, make sure that the computer has internet connectivity. This is vital and information is the basis for knowledge. However, be sure to control what they can and can't do on line. Two things you can keep in mind. a) Kiddle is a search engine for kids. You can restrict the internet computer for this use only. b) Secondly, avoid putting a computer in kids' bedrooms. An open area in the house is ideal. We got this advice from the school.
- 5. Time between school and home.** Most kids spend a disproportionate amount of time travelling between home and school. Some because of circumstances, others because they can. If not because of circumstances, make sure your children spend the shortest time between school and home, especially after school. They'd rather spend the time napping in preparation for studying and actually studying. Hanging out with friends in the street corners and malls is trouble (this too can wait for weekend and school holidays). Drugs, pregnancies and other problems have a good chance here. As a parent, always know where your child is, school, home and the short traveling time kind of thing.
- 6. Hard as things might be, try build a culture where once a day the whole family can sit and talk and get updates as well as find ways to support kids.** Dinner time has proven to be practical for most families. Discussions should go beyond the usual "how was school today?". Encourage discussion on content, challenges and issues the kids are facing at school. To be successful, it is useful never to be combative as parents

7. **Right from the beginning, understand what your child's capabilities are.** This is so that you can never pressure them to more than they are capable of achieving. That can be frustrating and destroy the little persons. Importantly, please know that not every child is academically gifted. Do not be pressured by outside competitions. By being supportive and understanding you can get your children to be confident and perform optimally at their own level. Don't ever even compare your child to her or his siblings. Love conquers all.

8. **In order to support them,** we must keep track of the little things (as well) that happens in their schools. Kids go through many challenges at school. Most of the times they aren't courageous enough to report back at home. Bullying by others learners and teachers come with the same conditions. Don't tell anybody. There are different challenges for kids in both townships and former model C schools. If you are close enough to the little ones, and you pay attention, you will notice a change in behaviour and demeanour. As soon as you do, approach them with great care and always strive to get to the bottom of the issues, no matter what.

9. **Please attend all school activities when invited.** Besides your civic duty in this regard, seeing you in the school can have an amazing effect on your children.

10. **Introduce your kids to reading at an early age.** Even through tough economic times, take them on trips to the bookstore to pick books for reading as FUN, on a regular basis. When doing so, don't ever choose books for them. Let them pick their books so long as they are in their own age group. Reading does more for young minds. It nourishes their minds, reinforces the culture of studying and broaden their horizons. You might even have to model the desired behaviour by reading yourself.

11. **If you are brave parent, restrict TV time in your household.** TV has very little benefits and it can be very addictive and counter production. Banning it from Monday to Thursday has massive benefits. Just like with reading you can show a little solidarity by watching only news on TV during the week.

12. **Whatever you do, if there are two of you as parents, work together in supporting your children.** Collaborate and present a united front even when you have slight agreements. Nothing kills the support mood like when the one parent allows kids to break the rules.

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African Spirituality is not found in a book. Here are a few places to look for it;



By Celi Nhlengethwa

In rituals, ceremonies and festivals. Consider childbirth, naming, circumcision and other initiation ceremonies, marriage, funerals, harvest festivals, etc. Some are at family level others at community level. Through their observation spiritual knowledge is perpetuated and passed on to the next generations.

In shrines, Sacred Places and Religious Objects.

Some shrines belong to families, e.g. graves. Others to communities, e.g. rocks, caves, hills, mountains, rivers, etc. Some shrines are man-made, others are natural formations. All of them help in practising and in handing down our spirituality.

In Art and Symbols

Our art often expresses religious ideas. We find it in wood, calabashes, stones, domestic animals, human bodies, etc.

Symbols are normally found where art is found and their meanings are generally known to almost everyone. There, however, are symbols that can only be interpreted by a few individuals e.g. symbols used in initiation, divination, etc.,

In Music and Dance

Many of our songs deal with spiritual ideas and practices. Ritual, ceremonies and festivals are always accompanied by song, music and dance. Music gives outlet to the emotional expression of the spiritual life and is a powerful means of communication in African traditional life.

In Proverbs and Riddles

These provide a rich source of African wisdom. Many speak of our spirituality, beliefs, morals, etc. Because they are short, they are easy to remember and pass on from one person to another and so go back many generations.

Riddles are used to stimulate thinking.

Youth Entrepreneurs at the Forefront of Change



With youth unemployment at crisis levels, and the planet on the brink of a climate catastrophe, the urgency for tangible solutions is no longer a luxury but a necessity. There lies an unprecedented opportunity—a chance for our young people to redefine South Africa's economy through entrepreneurship with a particular focus on the green economy.

According to the Quarter 2 report for 2024 by Statistics South Africa, unemployed young South Africans aged 15-24 years and 25-34 years continue to have the highest unemployment rates at 60,8% and 41,7% respectively further highlighting the critical need to upscale efforts to empower young South Africans.

Fostering an entrepreneurial mindset within our youth is now more than ever a moral imperative and responsibility. The critical argument is that we must move their mindset from job seekers to that of job creators. Many young people are struggling to transition into the job market and some contributing factors include misalignment between education offerings and the needs of the labour market, a lack of opportunities into the job market, economic stagnation, limited access to resources and support on their entrepreneurial journey to turn their idea into reality!

Step Up 2 A Start Up was created to address a gap in the small business development ecosystem by targeting high-school youth on a national and digital level through theoretical and hands-on elements.

For the past decade youth-development leaders, *Primestars and The YouthStart Foundation* have been doing just that through the Step Up 2 A Start Up programme.

The 2024 implementation is in full swing with screenings at cinemas and schools nationwide and on the 5th of September industry leaders and others gathered at The Venue in Melrose Arch to celebrate a decade of impact with the programme and a shared vision of amplifying its reach. The event also featured an exhibition by former beneficiaries showcasing the business ventures they operate since participating in the programme.

The South African Government's growth path commits to creating 11 million jobs by 2030. The National Development Plan envisages that 90% of these jobs will be created in small and expanding companies. To achieve this, thousands of new companies will need to be created and supported by both Government and the relevant industries. In particular, the green economy holds the potential to create up to 275,000 new jobs by 2030.

The Step Up 2 A Start Up programme is specifically designed to drive innovation within the beneficiaries and inspire thinking of new technologies, products or services. This in turn fosters economic growth both in a community and national level. It empowers the youth to realise their potential by teaching them to utilize opportunities in the economy and create business solutions to the challenges and problems identified within their respective communities. The programme's focus this year is the green economy and climate change in line with the global agenda on sustainability. To develop these young eco-entrepreneurs and reduce the country's high unemployment rate, the youth must be provided with the right tools, skills, inspiration and motivation that will enable them to create businesses, and become gainful employers in a circular, restorative, inclusive, and clean economy.

This innovative programme has ignited the entrepreneurial spark in over 100,000 learners across urban, peri-urban, township, and rural communities across South Africa.

Delivering the keynote address, Deputy Minister of Forestry, Fisheries and The Environment, Bernice Swarts, highlighted the importance of entrepreneurship as a means to combat both climate change and unemployment, saying "Our youth, our entrepreneurs of today, are our future leaders and Business Corporates of tomorrow, we need to keep the momentum, if not, then do more. Our youth are hungry for opportunities, and I dare say, patience is certainly not their virtue."

Programmes that promote entrepreneurship and small business development are vital. They empower young people to take control of their destinies, reducing their reliance on traditional employment avenues. Moreover, contributing to a more resilient economy.

Impact statements from beneficiaries of the programme:

"The programme made me realise that any idea can be turned into a business and you don't have to go through hoops and loops to become an entrepreneur. My experience was great, I was able to meet likeminded people, got to network and make connections that I still have to date. I'd like every young person to go through Step Up 2 A Start Up and experience a different way of thinking."- Seleme Mochitele, 2016 winner.

"The experience with Step Up 2 A Start Up started in 2022, my team was selected for the bootcamp phase and I had my first experience with flying on an aeroplane and I'll be forever grateful for that. We arrived in Joburg and the experience was fruitful because we met different influential business people who helped us better understanding the concept of entrepreneurship. We learned more from the " business model canvas" to presenting and also exposing us to opportunity that we didn't think existed. We won and our lives changed completely because as a group we were encouraged to continue with the business even after the competition. We were given money to help start the business of which we did start. We had the opportunity to go to the University of Joburg Business school and learn more about being an entrepreneur, how to plan ahead as a business owner using vision boards and staying committed to your aspirations and being consistent. If it wasn't for this initiative there wouldn't be a business called RecyCoal." - 2022 Cohort Tiffany Ogbonnaya, Thulile Zikhali and Zanele Khwela.

“In 2019, during our participation in the programme, my teammate and I came up with a business idea to create a mental health app called SafeSpace that aimed to tackle the rising mental illness rates amongst the youth as well as the stigma around it. Entering the competition really opened various doors for us, some of which we didn’t even know existed. Although we didn’t successfully get the business up and running, we didn’t allow that to keep us down. We used our downfall or step back as an opportunity to gain experience in the game, to build connections and to gain a sense of emotional intelligence before attempting to get SafeSpace up and running again.” - Nolwazi Sindane, winner of 2019 Step Up to A Start Up

Executive Statements:

" Entrepreneurship is not just about making money—it’s about creating value, solving problems, and leaving a positive legacy. The green economy is filled with opportunities for those willing to innovate, and we believe the future entrepreneurs we are nurturing today will be the pioneers of this transformation." – Martin Sweet, Managing Director of Primestars.

“Ten years is just the beginning. We are far from done and the plan is to expand our horizons, igniting a nationwide movement of green entrepreneurs, and building a legacy that will inspire generations to come. The future of our nation rests in the hands of our youth.” – Nkosinathi Moshwana, Executive Lead on all programmes implemented and COO of Primestars.

Refiloe Mohale, GM of The YouthStart Foundation with Nkosinathi Moshwana, Executive Lead on All Programmes and COO of Primestars.

LEVEL 1 WATER RESTRICTIONS
1 September 2024 ————— 31 March 2025
#WaterConservation #JoziSaveWater

**BETWEEN 06:00 TO 18:00,
ALL CONSUMERS ARE PROHIBITED FROM:**



Filling up swimming pools



Using a hose-pipe to clean paved driveways



Washing cars



Irrigating gardens



Providing Water.
Providing Life.

The Arrival of the Two-Pot Retirement System!



By PRABASHINI MOODLEY | Managing Director, Old Mutual Corporate

We've seen years of deliberation around this important step in moving retirement fund members away from a world where they can access – and in many cases wipe out – all of their savings every time they move between employers.

We've also been working closely with the National Treasury to consult on the practicalities and many intricacies of the new system. And now the scene is set for the implementation of the Two-Pot Retirement System on 1 September.

Old Mutual welcomes the development because, while providing access to some of a retirement fund member's savings once a year, the new system will prevent withdrawing everything at once, like when resigning or moving to a new employer.

That's an important step in the right direction that will have significant benefits in the long run, bolstering financial well-being while at the same time providing more flexibility for retirement fund members in the here and now.

What happens next?

We're focusing on four areas to make sure all our systems are in place, and some of them have important implications for employers and retirement fund members.

1. Readyng our administration systems

We can't underplay how big Two-Pot is. In fact, it's probably the biggest change ever to hit South Africa's retirement system, and we're expecting thousands of members to apply for withdrawals as soon as the system is in place.

In preparation, Old Mutual's withdrawal claims system will be going digital and we're updating all of our systems accordingly.

Moving away from paper-based claims will necessarily have an impact on employers and employees, and we must work together to make sure we have the correct, up-to-date information of all members on our system before they try to make any claims.

2. Crunching the numbers

After 1 September, retirement fund members will have 10% of their money moved from their Vested Pot into their Savings Pot (capped at R30 000). This involves a number of calculations that need to be completed before anyone can make withdrawals.

You're probably fielding questions from employees already who want to know when they can access their money. It's important to make them aware that, although the system will be in place from 1 September, it doesn't necessarily mean they'll have access to their pots on the same day.

Apart from 1 September falling on a Sunday, these critically important and necessary calculations need to be done first to determine how much of their savings will be transferred (or seeded) to that pot, and as mentioned we'll need their correct and up-to-date data on our system for claims not to be rejected (I really can't emphasise that enough).

It's also important to manage your employees' expectations around whether they qualify for withdrawals in the first place. Did you know that the Actuarial Society estimates that as much as 20% of retirement fund members won't have enough money saved by the end of this month to have R2 000 seeded to their Savings Pot? That means they won't be able to make any withdrawals until they have saved at least R20 000, and it's important that your employees understand that.

3. Creating the transactional capabilities

While the intention of the Two-Pot system is not to turn a member's Savings Pot into a bank account, allowing an annual withdrawal from it does require us to create some transactional capabilities to initiate claims that we've never had to do before.

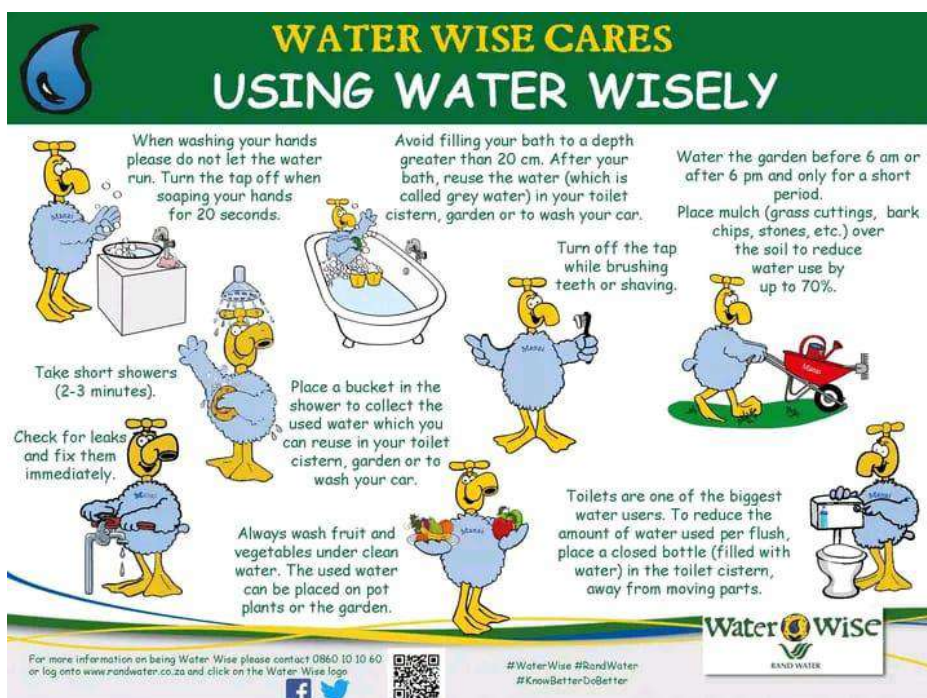
And because these claims will be taxable as part of a member's income, we need to integrate our systems with SARS. This is a key focus area for our funds to get in place with the tax authorities. It might only have taken a few paragraphs to explain, but that's a big piece of work.

4. Preparing for compulsory preservation

Transitioning to a world where members won't be able to access some of their savings until retirement age isn't just a mental shift.

Fund administrators like us need to change the withdrawal processes and how that would work at key moments in a member's life, like resignation or retrenchment.

We're updating these processes completely, making sure we're ready for our new retirement normal.



Rethink Rands: A New Financial Roadmap for South Africa's High School Youth



Financial literacy is essential for personal and economic well-being, yet many South Africans lack basic financial knowledge until it is too late resulting in debt and struggle.

Financial literacy is more than just understanding numbers; it is about understanding life. In today's world, where financial decisions have far-reaching implications, the ability to manage money wisely is as important as any other life skill.

Unfortunately, too many young people enter adulthood without the basic knowledge required to navigate the financial landscape. This lack of understanding often leads to poor financial decisions, debt, and a cycle of poverty that can be difficult to escape.

South Africa's high unemployment rate also presents another harsh reality facing our nation, particularly the youth. It could be argued that possessing the wisdom and knowledge to make better financial decisions does not necessarily align with the unemployment problem in the country.

However, the counterargument is that there is correlation between enhanced financial literacy and employment opportunities or even improvement in the day-to-day financial decisions one makes. It also extends to the sphere of Small and Medium Enterprises and the challenges faced by young entrepreneurs which result in over 70-percent ceasing to operate exacerbating the unemployment crises. For many young South Africans, particularly those in underresourced communities, financial education is not readily accessible.

The 20th of August 2024 marked a significant milestone in the journey toward financial empowerment for South Africa's youth as the *Rethink Rands Programme* was officially launched at the Johannesburg Stock Exchange in Sandton.

The event, hosted by *Primestars* and supported by key partners such as **MTN SA** and **FNB**, brought together educators, corporate leaders, and government representatives, all united by a common goal: to foster an empowered generation.

This initiative is set to revolutionize financial literacy among South Africa's youth, focusing on the psychology of money and equipping students with the tools needed to make informed financial decisions.

Rethink Rands will run at underserved township and rural communities in all 9 provinces and is specifically designed to empower young people to emotionally connect with their future selves. This connection enhances their self-control and helps them resist the temptation to spend impulsively. Building wealth requires sacrificing immediate pleasures for long-term happiness. For example, we earn money at work to ensure our near-term future selves have food and shelter. We save and invest money so our long-term future selves will enjoy economic security and a good quality of life.

Key Highlights of Rethink Rands:

1. **Entrepreneurship**: Inspiring a culture of entrepreneurship and wealth creation early in career development. Encouraging youth to identify, create, and capture value in areas not seen by others.
2. **Financial Literacy**: Providing knowledge to make informed and effective decisions about earning, budgeting, saving, and investing. Emphasizing the freedom to make choices, confidence to take control, and the opportunity to shape their futures.
3. **Behavioural Economics**: Teaching learners to manage their emotions, biases, and behaviours to increase self-control and avoid financial self-sabotage.

Program Features:

- . **Edutainment Feature Film**: An engaging film that takes high school learners on a powerful experiential journey to understand the influences on their financial behaviours.
- . **Practical Illustrated Guide**: A comprehensive guide with practical tips and strategies for managing money effectively.
- . **Cutting-edge E-learning**: Interactive online learning modules that provide indepth knowledge and skills.
- . **Social Media Engagement**: Active engagement through social media.
- . **Sessions with Money Mentors**: Personalized mentoring sessions to help beneficiaries apply what they've learned and make smart financial choices.

Martin Sweet, Founder and Managing Director of **Primestars**, delivered a powerful address at the launch, emphasizing the programme's goal of embedding financial literacy in schools across the country. "The Rethink Rands Programme is our commitment to driving empowerment through education," Sweet stated. "We aim to help the youth establish a financial and entrepreneurial mindset that contributes to success, rather than struggle."

Sweet highlighted the importance of teaching learners about all aspects of money management, including earning, budgeting, saving, and investing. He quoted Benjamin Franklin, saying, "An investment in knowledge pays the best interest," and elaborated that the knowledge imparted through this programme will grant learners the freedom to shape their own futures and become empowered adults capable of turning their financial dreams into reality.

The **Rethink Rands** initiative is unique in its approach, focusing on the psychology and behavioural economics behind financial decisions so not only the IQ of money but more importantly the EQ of money. "Managing money is more about mind than math," Sweet explained. "We focus on behavioural insights to help our youth overcome the emotional and psychological traps that often lead to poor financial decisions."

He further emphasised that by addressing the underlying emotional and psychological factors that influence their money-related behaviours, young people can learn to break bad financial habits, and avoid self-sabotage.

Rethink Rands guides young people to earn big, spend better, and save best, turning their future hindsight into their current foresight, enabling them to structure their lives with the end in mind. In doing so, they will save to save South Africa.

CEO of FNB Personal Segment, Ms. Lytania Johnson, emphasised the organisations commitment to empowering the nation saying “at FNB, we want to help South Africans thrive. In a world of instant gratification where little emphasis is placed on savings or financial goals, **Rethink Rands** aims to guide our young people on enhanced money management. Through this programme we hope to reshape attitudes around earning, saving, borrowing, spending and investing. These are potentially life-shaping interventions for the current and future generation.”

Marina Madale, Executive for Sustainability and Shared Value at MTN SA Foundation said the **Rethink Rands** programme falls part of MTN’s mission in contributing to the socioeconomic development of youth across South Africa. She added “Rethink Rands will lead a financial revolution guiding the youth to navigate today’s complex financial landscape. Lessons can easily be forgotten, but habits last forever”.

Group CEO at the Johannesburg Stock Exchange, Dr Leila Fourie, said “in a nation where unemployment is steadily rising and poverty is widespread, entrepreneurship among the younger generation is a proactive way to secure a brighter future. It is in this spirit that the JSE is proud to collaborate with Primestars and the YouthStart Foundation. I am very proud of the initiatives that the JSE has developed as part of our contribution to boosting financial literacy.”

Delivering the keynote address, Deputy Minister of Higher Education and Training, Buti Manamela, described the programme as more than just an educational initiative, but a profound commitment to success and prosperity for the youth.

Acknowledging the generational gap in financial education, he reflected on the hardships faced by many who lacked this essential knowledge and the opportunity this programme presents to rectify past mistakes. He praised Primestars for bridging the socio-economic divide through this initiative, stating that financial literacy is no longer a luxury, but a necessity.

He further commended Primestars, The **YouthStart Foundation** and all programme partners for levelling the playing field and equipping young people with the tools to rise above their circumstances and reaffirmed the government's support for Rethink Rands saying "the success of our nation depends on the success of our youth. By investing in their financial education, we are investing in the future of South Africa."

Away with bullying in our **SCHOOLS!**



Twelve-year-old Natalie was a child in trouble. After many months of bullying at school, she became severely depressed — to a point of failing and repeating grade five. During that time, she also tried to commit suicide.

Natalie continued to be moody and tearful and she withdrew from family and friends. Her confidence and self-esteem were crushed. She desperately wanted to be homeschooled, but her parents wanted her to return to school. The battle was causing tension and tears at home.

Knowing their daughter needed support, they took her to see certified WISDOM Coach™ Luvashnee Pillay.

Helping Natalie “slay her dragons”

Coach Luvashnee worked with Natalie using The Adventures in Wisdom Life Coaching Program for Kids™ Curriculum.

Together they worked through the coaching stories and activities, helping Natalie learn about her “inner power,” “mind power,” and how to watch for the grungies and “slay her dragons”. (“Grungies” and “dragons” are terms WISDOM Coaches use to help children learn how to trace negative grungy feelings (“the grungies”) to the negative thought patterns (“the dragons”) that are causing those feelings).

Natalie became very emotional as she uncovered many negative beliefs, she held about herself. She started to see how she was allowing one incident define her entire life, and define how she felt about herself. She was determined to slay those dragons!

As Natalie began choosing new thought patterns, her self-esteem and self-confidence continued to grow. Her moodiness disappeared, she re-engaged with friends and family, and she started to feel happy again.

She also decided that she no longer needed homeschooling and was ready to move to a different school.

“We have our happy child back again.”

Her parents couldn’t be more thrilled with the progress they saw in their daughter and shared the following comment:

“Natalie looks forward to each session and is very enthusiastic about the exercises her coach gives her... my daughter has seen psychologists and I have never seen progress like this. We have our happy child back again. We are so grateful!”

Natalie finally found her power, and had this to share about her experience:

“I love Coach Luvashnee! She motivates me in every session to understand my feelings. I can now understand when I am feeling grungy and when I am feeling happy. She also helped me see that no matter which school I go to, I will always face challenges and need to know how manage them. And that I get to always wear my ‘power goggles.’”

Coach Luvashnee also shared her experience:

“Coaching a child who has faced such a trauma was a bit challenging. However, I trusted in the stories and messages they delivered. I can see it has made a major different in changing this child’s life. I feel on top of the world for making a positive difference. I love my job!”

Congratulations Luvashnee on a job well done. Thanks to your powerful coaching, Natalie has developed mindset skills and an inner strength that she can use for the rest of her life!



SAVE BY USING LESS WATER

In a water-scarce country like South Africa, every drop counts. Let's band together and reduce our water usage so that there is enough water for everyone.

BE LEAK FREE

- Fix leaks in your home/business
- Report leaks in your area to the municipality.

REPORT LEAKS:

- Call Centre on 0860 543 000
- Twitter on #CoE_Call_Centre
- call.centre@ekurhuleni.gov.za
- My CoE App

#SAVEWATER

a partnership that works
www.ekurhuleni.gov.za



City of Ekurhuleni

Identify like-minded individuals who will share similar businesses interests & zeal



By Mzukona Mantshontsho

NGOLONDWANE INVESTMENTS is based in Elspark in Boksburg, and we do SHEQ management and Environmental Health Services consulting.

Ngolondwane is my grandfather's nickname and was named by his work colleagues while working in Johannesburg in the early 1950s. He was named after he had viciously confronted head on, some criminals in a train who were harassing passengers by pickpocketing.

Tell us about your early life to your role today

I did my primary school in the Kingdom of Eswatini at Mlambo Primary school in the 1980s and proceeded to do my secondary education in Bhunya Secondary School. I went ahead to complete my high school education in 1988 at St Marks High School in Mbabane. After completing my high school, I then enrolled at Eswatini Institute of Health Sciences, now a Faculty of Health Sciences, Mbabane Campus for a 3-year Diploma in Environmental Health Sciences. After completing my Diploma, I was hired by Eswatini government under the Ministry of Health as a Health Inspector or Environmental Health Practitioner. Sometime in 2002, I got an opportunity to further my studies while I was still employed by Eswatini government and enrolled at Mbabane Campus, Faculty of Health Sciences for a Bachelor of Science degree in Environmental Health Sciences, Major: Occupational Health and Safety. After completing my degree, I went back to work for Eswatini government until I resigned in 2007 to join Municipal Council of Mbabane as an Environmental Health Practitioner or Health Inspector.

What does your role mean to you?

My role as an Occupational Health and Safety Specialist means that I always make sure that health and safety of every employee in the workplace is maintained throughout their working life. And also ensure workers' work environment is maintained and prevented from degrading at all cost.

What are the most critical resources for your successful leadership?

Complete top management support and buy-in in terms of provision of resources such as financial support to ensure general health and safety management systems are maintained throughout the organization.

What can we expect from you going forward since you started?

I am looking forward work as SHEQ (Safety Health, Environment and Quality) Consultant for different organizations and/or corporate businesses all over South Africa. Have just registered my company, Ngolondwane SHEQ Consulting after losing my SHEQ Management job last year 2023.

Words of advice for young people, particularly young women to take the first step and start community projects or small businesses?

Young women should first empower themselves with basic and strong education in order for them to easily grasp and internalize basic business and projects skills and concepts. They should also try and identify like-minded individuals who will share similar businesses interests and zeal.

What are your thoughts on Covid-19 in terms of communities, small businesses, what measures will this administration take to protect our communities, businesses if another pandemic were to hit?

Government must set aside communities' small businesses and projects emergency funds to assist avert catastrophic impacts by Covid-19 impacts.

What is the legacy that you would want to leave when you retire?

I would to retire and see my fruits of my contributions to young persons' SHEQ management skills and self-sustenance. And significant environment management is achieved and felt by future generations.

How does your work DIRECTLY contribute to the community?

My work directly contributes to Public Health Management Services and general safety management at work. This assist in preventing public health diseases as a result of poor hygienic and sanitation practices. And also prevent Occupational Safety related illnesses and injuries in workplaces.

What have been your highs and lows of your career?

Seeing my organization SHEQ management objectives and goals achieved over the years of my work experiences. Grooming some employees to professional SHEQ management levels and seeing them prosper as well.

When you are not at work, what do you get up to, and where people follow you online?

I spent my time with family and friends and take walks around the park. I can only be reached online via my mobile with WhatsApp number at +27 714070309.

It's Small Business Friday!



Why support small businesses?
It's convenient as they're in your local community,
They offer that personal touch,
They often offer unique products or services,
You'll be making a positive impact on the economy,
Your purchase has a positive impact on the business-owner, the employees, their families and the community,
You can help small businesses grow, employ more, reduce unemployment and
nurture the country's entrepreneurial spirit by spreading the word about
#SmallBizFriday

At approximately 237 litres per day, South Africans consume more water per person, than the world average of 173 litres of water per person, per day.

LET US ALL REDUCE OUR WATER CONSUMPTION

 WATER RE-USE Use water from baths, washing machines and other safe sources to flush the toilets.	 MONITOR YOUR METER Leaks around the home can waste hundreds of litres per day. If your meter is running while all taps are closed, then there's a leak.
 KEEP SHOWERS SHORT Spend a maximum 2 minutes per shower. Turn off the water while you soap/lather your body.	 BATH WITH LESS WATER Take a shallow bath or switch to having a quick 90 seconds shower by opening and closing the tap between wetting, soaping and rinsing.
 DON'T LEAVE TAPS RUNNING Turn off tap when, brushing teeth, washing hair, shaving, or washing dishes.	 FULL LOADS ONLY Only do the washing when you have enough items for a full load, for the washing machine.

Please use water sparingly

WATER IS LIFE - SANITATION IS DIGNITY

 **water & sanitation**
Department:
Water and Sanitation
REPUBLIC OF SOUTH AFRICA



Breast Cancer symptoms?

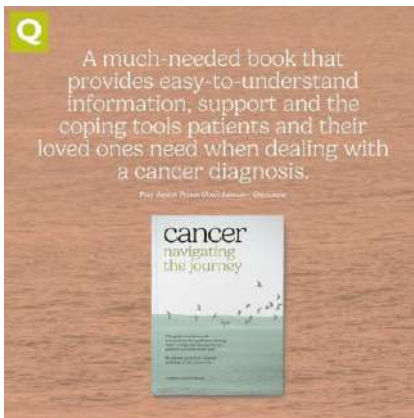


1. Nipple discharge
2. Change in size or shape of breast
3. Lump or swelling in the armpit (lump may not be seen but felt)
4. Dimples appearing on the skin of your breast
5. Nipple rash
6. Nipple becoming sunken into breast.

It is very important to look out for this as early detection can save a life.

#BreastCancerMonth

Movember is a month that is more than just about growing a moustache



Movember is about encouraging men to care for their health. Prostate cancer is one of the most common cancers affecting men, however early detection can save lives. Regular screenings are essential, especially for men over 50 or those with a family history of prostate cancer. It's time to take action and make your health a priority. Getting screened is a simple step that can make a huge difference

At Life The Glynnwood, we're here to offer support, guidance, and expert care every step of the way.

For more information about our hospital or oncology services, email theglynnwood@lifehealthcare.co.za or visit our website at <https://bit.ly/2GZdY4q>.

#Movember #ProstateCancerAwareness #MensHealthMatters #GetScreened #EarlyDetectionSavesLives #LifeTheGlynnwood #MakingLifeBetter"